

# Upcoming Events

Saturday, February 10, 2007 Southern California Regional Assembly Workshop (SCRAW) a service workshop for RCM's and GSR's as well as all other interested members of the Fellowship. This will cover the 3 discussion issue topics for the next World Service Conference. United Methodist Church 437 W. San Bernardino Rd. Covina, CA. From 9 am til 5 pm and the suggested donation is \$5.00.

Saturday, February 17, 2007 San Gabriel Valley Area's Tribute to the Oldtimer - Soul Salute! Speaker meeting at 7 pm and dance from 9 pm. - 1 am. The American Legion Hall 179 N. Vinedo Ave. Pasadena, CA. 91107

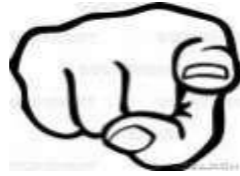
Saturday, February 24, 2007 The Desert Empire Area Presents a Service Learning Day and Free Pancake Breakfast from 7 am til 12 pm. Breakfast from 7 - 9. This is for anyone who is or may be considering being of service as a GSR, RCM, Secretary, Treasurer either at an area level or a regional level. 600 E. Rimrock Road Barstow, CA. in the clubhouse of the trailer park.

Saturday, February 24, 2007 The San Fernando Valley Area Presents Another Great Dance from 8:00 pm Speaker Meeting then Dance from 9:15 til Midnight. Valley Beth Israel 13060 Roscoe Blvd. Sun Valley, CA. Donation \$7.00

Saturday, March 3, 2007 The Bay Cities Area Presents the Pre-convention Meeting and Dance Fundraiser! Doors open at 6pm. Speaker 6:30 - 8:30 then dance till midnight. Dance donation \$8. At BHS 15519 Crenshaw Blvd. Gardena, CA.

Saturday, March 10, 2007 The Westside Area's Westside Area Day 10 am til 11:30 pm at Venice United Methodist Church 1020 Victoria Ave. Venice CA. Workshops, Speakers, Food, Meetings etc.

Saturday, March 24, 2007 The Santa Clarita Area Presents the 8th Annual Pancake Breakfast. Breakfast from 9 am till 11 am then the Speaker Meeting from 12 to 2 pm. Donation is \$7.00. At the First Presbyterian Church 24317 Newhall Ave. Newhall, CA. Pre-sale tickets are available for this event.



## SFV H&I Wants You !

If you have a desire to be of service by carrying the message of hope and freedom from active addiction in Narcotics Anonymous® through H&I panels, contact us by Email:

[nasfvhandi@nasfv.com](mailto:nasfvhandi@nasfv.com)

Or better yet, please attend one of our meetings and join our subcommittee. The H&I Subcommittee meets in North Hollywood on the first Monday of each month, at 8:15 PM at Valley Plaza Park Recreation Center in the Arts and Crafts Room, next to the Rec. Center Office, 12240 Archwood Street



## SFV PI Subcommittee Wants You!

Meets every 1st Sunday, 11:30am in Sherman Oaks. For location information or to see about scheduling a Public Information presentation to

your organization, send your email request to the PI Subcommittee Chair, Ed J.:

[nasfvpi@nasfv.com](mailto:nasfvpi@nasfv.com)

## How do I submit something to the newsletter?

Easy, write your submission, whether a story, experience, poem, comic or anything else recovery related

Then e-mail it to:

[nasfvneveralone@nasfv.com](mailto:nasfvneveralone@nasfv.com)

Or mail it to:

SFVNA c/o Never Alone Newsletter

P.O. Box 4143

Panorama City, CA 91412

For your convenience, now we have a submission form on

[www.nasfv.com](http://www.nasfv.com)

# Never Alone



San Fernando Valley Newsletter

## Drugs Always Lied to Me

I Did Drugs for Courage... and woke up night after night horrified.  
 I Did Drugs for Sophistication... and became crude.  
 I Did Drugs to find Peace... and ignited a war within myself.  
 I Did Drugs to be Friendly... and became argumentative and nasty.  
 I Did Drugs to be Sexy... and turned people off.  
 I Did Drugs so that I could Relate to Others... and I babbled.  
 I Did Drugs to put down Loneliness... and found myself retreating more into my shell.  
 I Did Drugs to Relax... and woke up tense.  
 I Did Drugs to be Entertaining... and became an obnoxious clown.  
 I Did Drugs to Live More Fully... and contemplated suicide.  
 I Did Drugs for Adventure... and discovered disaster.  
 I Did Drugs to be more Honest... and insulted my friends.  
 I Did Drugs to have Fun... and passed out in the middle of the party.  
 I Did Drugs to Pep Myself Up... and ended up exhausted.  
 I Did Drugs to feel Successful... a Big Shot... but ended up a failure.  
 I Did Drugs for Security... and became afraid of my shadow.  
 I Did Drugs to Feel Better about Myself... and ended up hating me.  
 I Did Drugs to prove I could handle them... and ended up knowing they controlled me.  
 I must not forget...

Just For Today  
 You Never Have To Use  
 Again

## The Meeting corner

7:00 PM Thursday  
 Northridge In The Park

Need people with clean time and trusted servants for a great meeting in Northridge Park

10058  
 RESEDA BLVD  
 Northridge Park

## Question of the month

What Did You Do  
 For Your  
 Recovery  
 Today?

# Never Alone Again

My worst moments in life were loneliness. I nearly died from it as a drug addict. As a clean addict, it **still tears at my soul. One of the first thoughts I had clean was why aren't there 24 hour places where** drug addicts could go to be together—24 hours, 7 days a week clubhouses all over, where no addict EVER had to be truly alone. Before I found NA, I remember the sleepless, insane nights, dreading Saturday or Sunday morning, when I would need to re-boot my drug-induced coma just not to feel the pain of being alone. When I finally gave up drugs after my first week in NA, the wreckage of my present was everywhere. I had moved into a small apartment about a year earlier and for the most part had not unpacked. Everything was still in boxes, except for the barest necessities. I still (after a total of about 21 years clean) have nightmares about being alone—NIGHTMARES! I also have nightmares about that **same apartment where I didn't unpack being full of caged parrots that are starving and without water because I couldn't face the loneliness of that apartment to come back to feed them or give them water.** When finally I could return to feed them, my mailbox would be overstuffed with mail, which I had no key to open and I was always afraid to go into the apartment because I thought all of the parrots would be dead in their cells. Like me, dead in my cell of loneliness. One dream I had in recovery was being in a mental institution the size of the Spruce Goose hanger. I was the only patient and they had to put artificial cell bars around me so that I could feel contained, the only identity I could have. There were nurses **there, so I wasn't alone, and it felt good. I feel like crying as I write this; this is not one of the places in my sick mind that I like to visit. It's bad enough when it visits me, which is all too often. I still need NA 24/7, but it's not there. Only marathons on holidays, conventions, recovery living arrangements when you're lucky and a few club houses. There should be apartments of NAers, total communities, like the post-recovery ones attached to recovery homes. I never felt so secure as when I was in a recovery house, because I was not alone. Near the end, when I started to recover, the insanity got to me of still being isolated even in a facility of people trying to recover; it still was clickish and I wasn't in the in-crowd (story of my life). What we find in our meeting rooms when we walk in, the feeling of not being alone, we need to have available in MANY places and options where we can live like that. It's just too painful to be alone. You wouldn't want to know my other nightmares of trying to find the right apartment, that never is right because there is no one who will share it with me.**

The one good dream I had, which was within the first year of clean time, was that I had cocaine on my car and it blew away in the wind and I had such a feeling of relief to not be a prisoner of cocaine. Now if **only I didn't have to be a prisoner of my own mind. It's not about one meeting a day; it's about not being alone in the middle of the night. It's about not waking up alone. It's about NEVER having to be alone again.**

Submitted via e-mail from Anonymous

## For The Newcomer

*I.P. No. 16*

**Recovery doesn't stop with just being clean. As we abstain from all drugs (and, yes this means alcohol and marijuana, too) we come face-to-face with feelings that we have never coped with successfully. We even experience feelings we were not capable of having in the past. We must become willing to meet old and new feelings as they come.**

We learn to experience feelings and realize they can do us no harm unless we act on them. Rather than acting on them, we call an NA member if we have feelings we cannot handle. By sharing, we **learn to work through. Chances are they've had a similar experience and can relate what worked for them.** Remember, an addict alone is in bad company.

The Twelve Steps, new friends, and sponsors all help us deal with these feelings. In NA, our joys are multiplied by sharing good days; our sorrows are lessened by sharing the bad. For the first time in **our lives, we don't have to experience anything alone. Now that we have a group, we are able to develop a relationship with a Higher Power that can always be with us.**

We suggest that you look for a sponsor as soon as you become acquainted with the members in your **area. Being asked to sponsor a new member is a privilege so don't hesitate to ask someone. Sponsorship is a rewarding experience for both; we are all here to help and be helped. We who are recovering must share with you what we have learned in order to maintain our growth in the NA program and our ability to function without drugs.**

This program offers hope. All you have to bring with you is the desire to stop using and the willingness to try this new way of life.

Come to meetings, listen with an open mind, ask questions, get phone numbers and use them. Stay clean just for today.

May we also remind you that this is an anonymous program and your anonymity will be held in the **strictest of confidence. "We are not interested in what or how much you used or who your connections were, what you have done in the past, how much or how little you have, but only in what you want to do about your problem and how we can help."**

Some Acronyms in Narcotics Anonymous  
C.L.E.A.N. Choosing Life Everyday Avoiding Narcotics  
NA : Never Alone

## One Addict Helping Another

By: Bill C

The thing about anonymity and humility is that it seems one cannot be vocal about oneself with any prudence. Odd! These spiritual principals can confound a person in recovery from the very beginning. As a newcomer, I was invigorated by the opportunity to be clean, have a life and discover exactly who I might be! I therefore, without hesitation, introduced myself as first and last name, addict. I told anyone that chose to listen that I was an addict. I wanted everyone to know that I was changing, getting better, forging a new path, creating a journey of health, responsibility and honesty.

I was not the most popular voice for Narcotics Anonymous. In the years that have passed by **since that time of 'newcomer-itis,' I have settled into my recovery. I have been of service on a Group level** and an Area level; I even was a reader at a Regional convention and I have contributed to the World Newsletter. I sponsor people. I attend meetings regularly and communicate with my sponsor who counsels me when I need guidance and love.

By growing in recovery, I have lessened my egotistical reliance on self and found peace and serenity in spirituality. I have increased my reliance on humility to understand that I am but one pointillist dot in an **impressionistic work of art: remove the dot and the picture doesn't change all that much... but, it is certainly a different picture.** I understand my place as the dot in a larger picture that is NA. And, anonymity **also can be attached to that dot's relevance. I embrace the quality of being one among many, e pluribus Unum** if you will. The warm embrace of a fellowship lovingly listening to me without rancor or prejudice lifts my life-force with invigorating strength and I am grateful that the possibility of one fellow addict comprehending one tenth of one percent of what I say makes a difference.

**Prudence is caring for one's spirit, being cautious about one's inner self, displaying discretion when one** wants to be visible, exhibiting good sense and forethought in a public forum allowing for egotistical flag waving,. I am not the only voice in NA. I am but one. I am one addict helping another to the best of my ability; with love, forgiveness, understanding and respect. I am humbly anonymous, prudently sharing my experience, strength and hope.

## Gratitude Speaks When I Share And Care The Na Way

I am the secretary of an NA meeting and I think sometimes it's good that I didn't have anyone lined up to speak. It seems that my Higher Power sends just the right person into the room for me to choose to speak. I saw this man walk in who I had seen before but didn't really know who he was, I asked him to speak. I could tell that he didn't want to but he put NA principles first and agreed to do it. How lucky we all were that he agreed! He has been clean for over 20 years. He was friends with the founders of NA.

He has Hepatitis C and is on the transplant list for a new liver. Needless to say he has not been feeling well and has not been going out to meetings.

He said that one Friday night some friends showed up at his door. Then someone else shows up with a big pot of coffee. Then a few more guys show up and before he really understood what was going on there was an NA meeting going on in his living room. He said that he was so grateful that he broke down in tears. He realized how much he had missed being in meetings and how very important they were to him.

He said he could sit around and feel sorry for himself and play the "poor me" game; but the facts are that he wouldn't even be alive right now had it not been for NA. He just celebrated 25 years of marriage and they had a big get together at his house where there were 21 members of his family present and they were all glad to be there with him. "Before NA none of my family ever wanted to see me and they would even pay me to stay away!" Now, he said, he has their love and respect.

He said he make a commitment to those guys that showed up at his house to call them for rides and he would go to at least 2 meetings a week. He said that had one of those guys called him and said that so-in-so needs a meeting brought to him "I would be ready to go!" He said he is so grateful that he has the fellowship in his life because all he has he owes to NA. He said, "If I die tomorrow, I was clean today and grateful to all the addicts who gave me this beautiful gift of the life I learned to have in this program."

I think everyone at the meeting was moved. I know I was. What a powerful message of gratitude!!! How petty the rest of our problems seem stacked up against this man who is facing his illness with hope and grace. What a message of courage and the will to go on. I have put him on my prayer list in hopes of his getting a transplant so he can continue to live the NA program that he loves.



Hi my name is Shirley and I am an addict. I was at a meeting not long ago where I heard a great message and I thought I would share it with you. For the sake of anonymity I will just call her X.

It was a book study meeting and the topic was Step 3. "Turning your will and your lie over to the God of your understanding." X was the leader and I just loved her share about running on self-will.

She said that running on self-will is what started her using drugs, let it get out of hand, led her to addiction and a life of chaos, degradation and

defeat. But after she got to NA and learned how that turning her life over to her Higher Power has brought her out of chaos to a new way of life.

A life that she no longer has to lie about or be ashamed of. That trusting her Higher Power has provided her with all she needs to lead a better life. I could really relate as all she said was true of my life as well. Before NA I lived my life by the "bigger hammer theory."

I would force things to work, whatever it was. Life is so much easier for me when I let my Higher Power direct me. The first 3 Steps of NA are the foundation of the NA program. The simple explanation of the first 3 Steps goes like this: #1. I can't. #2. He can. #3. I'll let him. I gotta tell you I think it is a pretty good blue print for life!!!



## Addiction

*I have taken over you,  
Growing slowly throughout the years.  
I gave you visions of ecstasy  
While I fed upon your fears;  
I made you feel inadequate,  
I crept into your soul;  
I was growing, ever stronger  
As your heart was growing cold.  
I let you see only hopelessness,  
the hurting pain and strife.  
I pushed until your will collapsed  
so I could own your very life.*

*Now, I am feeling some resistance,  
I can feel your spirit grow.  
I sense somewhere in the distance  
You are searching for your soul.  
My life is slowly ebbing,  
Into darkness I must go;  
But as I lie here sleeping  
I will never cease to grow.  
For I am always in you,  
I will never truly end.  
So you must keep a constant vigil  
Or I will own you once again.*

*I will lie here always  
Creating voices in your mind.  
So you must keep a constant vigil  
For I am always keeping mine.*



**Narcotics Anonymous®**

Beyond the expectations of being clean we found love.

Beyond the awakening of our senses, We found feeling.

Beyond the losing of self, We found friends.

Beyond the inner turmoil, We found serenity.

Beyond self doubt, We found commitment.

Beyond the graveyard of our addictions, We found hope.

Beyond the endless days of torment, We found one day of peace.

Beyond the emptiness in our soul, We were filled with our higher power.

Beyond the clinging of the past, We learned to let go.

Now there is light, Where darkness once existed.

Now there is a breath of life, Where once there was gasps.

Now there is a quiet of soul and mind, Where once resided only chaos.

Can you feel the song now, The breeze, the sun.

Can you rest, wings folded, Feeling life around.

May your serenity surround you.

May God bless your day.

May your spirit be filled with grace, and

May you find your way to the home within your heart -

Wherein resides your family and your God

our message  
**HOPE** our promise  
**FREEDOM**



San Antonio, Texas  
**WCNA 32**  
30 AUGUST - 2 SEPTEMBER 2007